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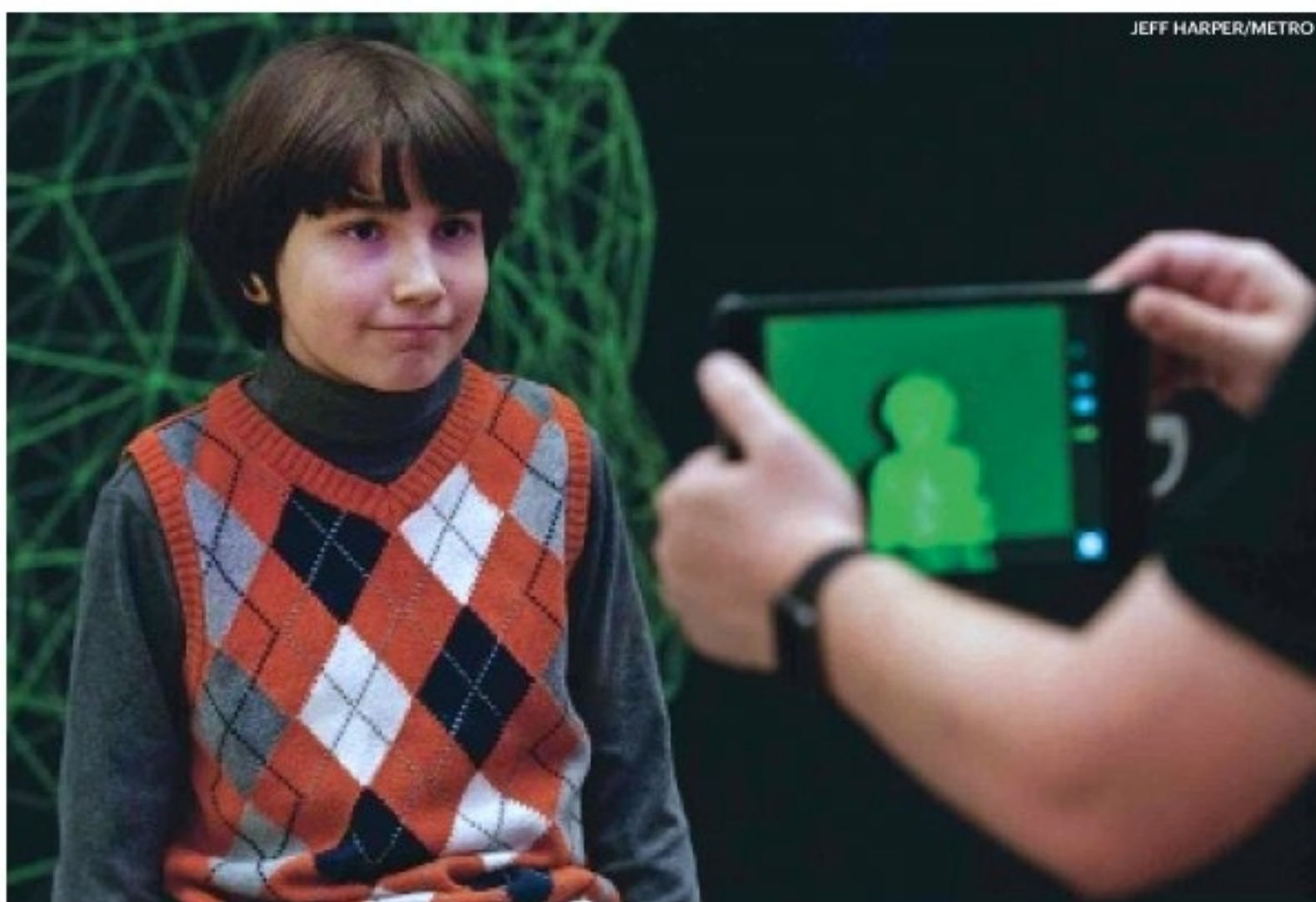
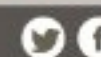
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JEFF HARPER/METRO

Antique home to house youth

HERITAGE

City's 253-year-old Morris House to open this summer



**Yvette
d'Entremont**
Metro | Halifax

One of the oldest buildings in Canada will have a new lease on life when it finally opens this summer to house at-risk youth.

The city's 253-year-old Morris House was saved and relocated four years ago from Hollis Street to its current spot at Charles and Creighton streets. It will soon serve as a youth home operated by the Metro Non-Profit Housing Association.

Andrew Murphy, vice-president of finance for Heritage Trust of Nova Scotia, said they needed to set a new foundation in addition to refurbishing the outside of the structure.

Things were further delayed as they devised a plan to restore the interior.

"Just what were we going to do to renovate it to its proposed use for youth to live in? The big question was, do you

renovate it to museum quality or do something else?" Murphy said.

The solution, he said, was to cover the walls and ceilings in such a way that everything could be uncovered should the community decide in the future that it should be a museum.

While most of the interior will look modern, Murphy said some Plexiglas windows will showcase a bit of its hidden history.

"You can see the inside framing. You can see the old hand-hewn beams and some of the roman numerals where they put the post and beam package together when they built it all those years ago," he said.

The heritage building is expected to be home to five youths this August. Murphy said he expects to host a few open houses before the tenants move in.

"It's the sweep of history that it has seen. It predates confederation in Canada by over 100 years and it even predates the formation of the United States," he said.

"It was around before we had elected governments in Nova Scotia.... It would have been a shame to have it end up in a landfill.... It was a well-designed building and it was well-constructed. There was no real reason to get rid of it."

FACING *the* FUTURE

3D-printed Haligonians become part of art project with Douglas Coupland metroNEWS

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Judge reserves bail revocation decision

COURT

Christopher Garnier charged with breaching conditions



Grace Gormley
For Metro | Halifax

Christopher Garnier took the stand Wednesday on the second day of his two-day bail revocation hearing, but Justice Peter Rosinski reserved his decision.

Garnier, 29, is charged with second-degree murder in the killing of off-duty police officer Catherine Campbell in 2015.

He was granted bail in December. However, he has been in custody since being re-arrested on Feb. 19 and charged with three counts of breaching his strict bail conditions.

Police say Garnier breached his release conditions by not answering police compliance checks when they knocked on the door of his mother's home in Cape Breton on Feb. 17.

Along with Garnier's testi-



Christopher Garnier, charged with second-degree murder in the death of Constable Catherine Campbell. THE CANADIAN PRESS

mony, the court also heard from his mother and former boss.

A publication ban on the evi-

dence and arguments heard in court both Tuesday and Wednesday remains in place for the hearing to protect Garnier's

+ NEXT DATE

The judge is expected to hand down a decision on April 18.

right to a fair trial.

Rosinski will decide whether Garnier breached his conditions on the balance of probabilities. If so, the December bail order would no longer be valid. Defense lawyer Joel Pink would then have to convince the court that Garnier should not remain in custody.

If the judge finds no probable grounds for a breach then Garnier would be back out on bail.

Until Rosinski gives his decision on April 18, Garnier will remain in custody.

Family members shook their heads and wiped their tears following the hearing.

Vince Garnier, Christopher's father, who was kicked out of the courtroom Tuesday for allegedly interfering while his wife was testifying, was still not allowed to sit in the gallery Wednesday while witnesses were on the stand and evidence was being presented.

CYCLING

Spring into bike season

A local cycling advocacy group is urging Haligonians to take part in the international 30 Days of Biking challenge.

The program challenges people to ride their bicycles once a day for the 30 days this April.

Kelsey Lane, president of the Halifax Cycling Coalition, said there are changes coming in spring for cyclists, including the reopening of the Macdonald Bridge bike path, and a final round of engagement on the city's proposal for a minimum grid of bike lanes in the Integrated Mobility Plan.

The coalition will be hosting weekly group rides for experi-

enced or new riders. The rides will have themes like a bike 'n brunch, chocolate egg hunt, and a good night ride.

The Coalition is hoping to gain 100 members in April, and they hope to celebrate this goal by building a bicycle parking corral on Agricola Street.

Anyone who registers, donates, or refers a friend before April 30 is eligible to enter the draw for a bicycle, donated by Giant.

More information about the events and the bicycle draw can be found on the Halifax Cycling Coalition's website cyclehalifax.ca.

METRO

Halifax DIGEST

DARTMOUTH

Man wanted in hit-and-run

Halifax police are looking for a middle-aged man after a hit and run in Dartmouth Wednesday afternoon.

A release from police says they were called after someone driving an SUV hit a fence, a power pole, and then a home just after 2:15 p.m.

Police say the driver was spotted leaving the scene. He's described as a middle-aged white man wearing dark jogging pants and a light-coloured shirt.

Police believe the SUV was stolen. METRO

CRIME

Charges laid after teen caught under car

An 18-year-old man from Scotch Village was arrested and later released from custody following an incident at Avon View High School on Tuesday.

He's facing charges of criminal negligence causing bodily harm and dangerous driving. Around 2 p.m. on Tuesday, RCMP, paramedics and firefighters were called to the school to help a 17-year-old boy who was trapped under the front of a vehicle.

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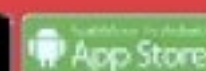
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100 Haligonians scanned for 'garden of humanity' project

3DCANADA ART

Coupland in town on last stop of cross-country tour

Julianne Steeves
For Metro | Halifax

The faces of a hundred Haligonians will join those of about 2,000 other Canadians as part of artist and author Douglas Coupland's crowdsourced, 3D-printed art project, 3DCanada.

On Wednesday afternoon and evening at the Discovery Centre, people of all ages lined up to be scanned, meet Coupland and take home a five-centimetre tall plastic bust of themselves. Every person scanned will be part of a sculpture that will give a glimpse of Canadians in the 21st century.

Kelly Krawchuck heard about 3DCanada earlier Wednesday and she thinks it's going to be cool to be one of the people representing Canada in the display.

"I took time off work and came down to get 3D printed by Douglas Coupland because I couldn't believe that that was happening," she said.

Kendall Shaw and his 10-year-old son Duncan were visiting the Discovery Centre when they came across the event.

"We stumbled upon this and it seemed like a neat idea and we wanted to be a part of it," said Shaw.

Duncan has seen 3D printers on TV and he was excited to get himself 3D printed.

Halifax is the ninth and final stop on Coupland's cross-country tour with the project partnered with Simons, a clothing retailer based in Quebec City. The other stops have been Quebec City, Montreal, Edmonton, Vancouver, Mississauga, Ottawa, Calgary and Yellowknife.

As the tour draws to a close,



Kelly Krawchuck gets scanned in as part of 3DCanada at the Discovery Centre on Wednesday. JEFF HARPER/METRO



Douglas Coupland, left, monitors the 3D printing at the Discovery Centre on Wednesday. JEFF HARPER/METRO

Coupland said he's going to miss this whole experience when it's over. People are beautiful, he says, and he remembers all of them.

"I've learned that my memory is actually better than I thought," said Coupland. "I re-

member printing out heads that we scanned a year ago, and I remember every single person, not their name, but I remember that they were wearing green, they were nice and they were with their sister."

Coupland began 3D printing

when one of his friends told him he could create one his sculptures, a large-scale model, at half the price if he got a 3D printer. After he had the 3D printer in his studio, he began to scan people that came through his studio.

Peter Simons from the Simons stores took interest in the 3D-printer on a visit to Coupland's studio. Together, they came up with the idea that became 3DCanada, their vision of portraits in the 21st century.

Coupland said he enjoys bringing this technology to people who have never seen it before, especially kids.

"You know those photos you see of people in the 1940s of people looking at the TV set in

the window for the first time like, 'Oh, what's that?'" said Coupland. "With most people here this is the first time that they've seen the (3D) scanning and printing."

Even though the scanning is done, the sculpture probably

won't be finished until next year, he said. There's still a lot of work ahead of him.

The busts will be printed in various sizes, painted and distorted in different ways. The finished sculpture will be on

a square six-metre platform in the Yorkdale Simons store in Toronto.

"It'll almost be like walking through a garden of humanity, I think," said Coupland.

DARTMOUTH

Boxer claims targeted by police

A former Canadian Olympic boxer says Montreal police arrested and detained him without reason late Tuesday.

Custio Clayton, 29, made the claim in a Facebook posting, saying he was humiliated by the incident in which he was reportedly handcuffed and placed in the back of a squad car.

He says he repeatedly asked why he was pulled over in the first place but that he never received an answer from the police officers who stopped him.

Clayton also says they later searched his vehicle for drugs.

The native of Dartmouth, N.S., who has lived and trained in Montreal since 2014, called the incident an embarrassment and a violation of his rights.

Montreal police spokesman Benoit Boisselle says the force is aware of the claims but must verify the details before commenting further.

Clayton's trainer, Duggie Berneche, says the boxer was let go after the search turned up nothing, but that he received a ticket for not having paperwork for the vehicle.

Clayton, who is undefeated since turning pro in 2014, just missed out on a medal at the 2012 Olympics in London.

THE CANADIAN PRESS



Boxer Custio Clayton at the 2012 Summer Olympics.

THE ASSOCIATED PRESS FILE

CHILDREN'S HEALTH

Kids have too many cavities, dentists say

A new report says 36 per cent of Nova Scotia children have cavities by the age of six due in part to a lack of proper dental care and early checkups.

The study on oral health by Nova Scotia's dentists also says that there are currently 500 children waiting for consultation or treatment of a dental issue at the IWK children's hospital.

The Nova Scotia Dental Association's annual report card is urging caregivers to begin using an infant toothbrush when their first tooth grows in, and assist the child with flossing.

The association also is calling for the application of fluoride, and recommends a moratorium on municipalities removing fluoride from drink-

ing water.

The dentists' key finding is to encourage families to establish tooth brushing and flossing times and have a preventative first visit to the dentist by age one or within six months of the emergence of a first tooth.

The association represents over 500 member dentists in the province.

THE CANADIAN PRESS

500

The number of children currently waiting for consultation or treatment of a dental issue at the IWK children's hospital, according to the study on oral health.

WEATHER

Flood warning issued for Halifax this week

At least it's not snow.

Environment Canada is warning Nova Scotians of potential flooding following rainfall later this week.

Mild temperatures and rain beginning Thursday and into Friday could cause flooding in frozen and snow covered areas, Environment Canada

said in a special weather statement for Halifax and Kings counties issued on Wednesday.

Total rainfall amounts could be over 25 mm in some places by late Friday, and rainfall warnings may come later.

METRO

You've got to juggle to joggle

Michael Bergeron starts all his marathons with three balls in hand



Ben Macintosh
For Metro | Halifax

In a race with 32,500 people it can be hard to set yourself apart.

But Michael Bergeron won't have any trouble getting noticed at the Boston Marathon on April 17.

He's pretty sure he'll be the only juggler competing in one of the world's biggest marathons.

Joggling is a competitive sport that, as the name suggests, combines juggling with jogging.

"I want to finish in under three hours and five minutes with the first three or four thousand," said Bergeron in an interview on Wednesday.

"That would give me a time in the top 10 per cent."

He started running when he was 13 years old, and ran track and field and cross country at the University of Ottawa.

Bergeron, an officer with the Canadian Navy, said he started joggling three years ago.

"A friend showed it to me and asked if I could do it," said Bergeron.

He said he learned his juggling skills at a circus camp, mostly with balls, but he can also juggle machetes and torches.

"It took me one hour of really hard training to be a good juggler," said Bergeron.

He started by walking and juggling, and every few steps he would drop a ball. Once he got more comfortable he would run laps around his block, then competitive races, said Bergeron.

"It didn't take much practice before I started competing and got to an elite level of joggling," said Bergeron.

But during regular races, people don't like getting passed by a juggler.

"People get a distressed look when they see me juggling and smiling during the race when they are fatigued."

Bergeron said he hasn't experienced any problems from race organizers for his joggling.

"No directors have stopped me from racing."

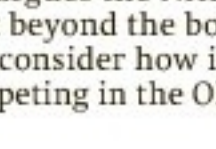
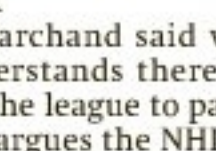
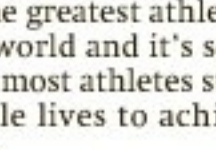
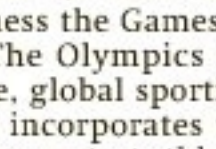
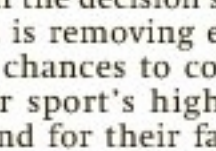
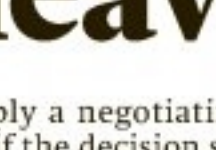
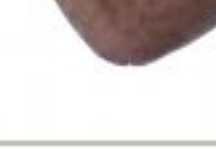
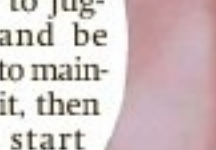
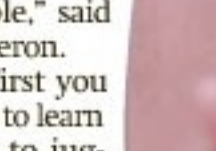
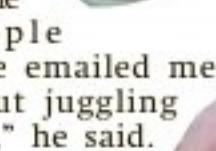
"The only race that doesn't allow it is the New York Marathon, for security reasons in response to the Boston bombing."

Bergeron said he's only met

one other juggler in Nova Scotia, but some people seem interested.

"A couple people have emailed me about juggling tips," he said. "Manipulating the balls is the hardest part and that stops people," said Bergeron.

"First you have to learn how to juggle and be able to maintain it, then you start walking, then running."



Michael Bergeron on a short joggle on Wednesday. He will be joggling a longer distance later this month at the Boston Marathon. PATRICK FULGENCIO/METRO



People get a distressed look when they see me juggling and smiling during the race, when they are fatigued.

Michael Bergeron

NHL

Olympics pass leaves many disappointed

The mother of a Nova Scotia-born NHL player poised to make a bid to join Team Canada says the league's decision to pass on the Olympics is a deep disappointment.

Lynn Marchand, 54, said even though her son Brad Marchand has won gold with Canadian teams at the World Juniors, last fall's World Cup of Hockey and the Stanley Cup six years ago with the Boston Bruins, the Olympics remained his dream.

The scrappy 28-year-old player from Halifax — who was in the news on Tuesday for a nasty spearing penalty — seemed well positioned to make his first Olympic team, but the NHL announced on

Monday it's taking a pass on the 2018 Games.

Marchand says she, her husband Kevin and Marchand's two siblings would have travelled to Pyeongchang, South Korea, to watch had he been selected.

"If he doesn't go to the Olympics in 2018, it makes it a very slim chance he can go in 2022, when youngsters will be coming up in the league," she said.

"The announcement was extremely disappointing... We don't know where Brad will be playing and what his performance will be in five years."

Lynn Marchand says she is hoping the league's move is

simply a negotiating tactic, but if the decision stands the NHL is removing elite players' chances to compete at their sport's highest level — and for their families to witness the Games.

"The Olympics is such a huge, global sporting event that incorporates the skills of the greatest athletes across the world and it's something that most athletes strive their whole lives to achieve," she said.

Marchand said while she understands there is a cost for the league to participate, she argues the NHL needs to look beyond the bottom line and consider how important competing in the Olympics is

to athletes, hockey fans and their nations.

She said she doubts her son will take a position similar to that of Russian superstar Alex Ovechkin, who has said he will go to the Olympics despite the league's non-participation.

"He (Marchand) would probably love to consider that, but to be one to come out and state it...I think he'll wait and see what other players of Team Canada are thinking of doing," she said.

Marchand is third in NHL scoring and had a strong performance at the World Cup of Hockey, where he scored the game-winner against Team Europe. THE CANADIAN PRESS



NHL player Brad Marchand had a strong performance at the World Cup of Hockey. THE CANADIAN PRESS

Police turn to spy tech

PRIVACY

Mounties admit they use devices to collect cellular details

The RCMP used controversial spy technology to track cell phone data in 19 criminal investigations last year — the first official public acknowledgement that the force uses surreptitious devices to collect Canadians' cellular details.

In a rare briefing with reporters from the Toronto Star, CBC and the Globe and Mail Wednesday morning, RCMP Chief Superintendent Jeff Adam said his force owns 10 so-called "mobile device identifier" (MDI) devices with the ability to gather high-level data about the phone's location — but not private communications.

"We will confirm officially that the RCMP possesses and uses mobile identifier technology in order to identify and locate a suspect in a criminal investiga-

tion," he said.

Adam said the devices identify a suspect's cellphone by gathering "very limited" signalling information in a given vicinity and collecting unique identification information from the phone — called International Mobile Subscriber Identity (IMSI) and International Mobile Equipment Identity numbers (IMEI).

While MDI technology does allow for the collection of personal communications, the RCMP uses equipment that — by policy — does not capture private communications, said Adam.

But Brenda McPhail, director of privacy, technology and surveillance at the Canadian Civil Liberties Association, said even metadata collection is an invasion of privacy. "Metadata includes location information. That is intimately personal. The fact that they only collect metadata doesn't let them off the hook."

The same MDI technology used to target a suspect will also gather up the cellular data of many other Canadians, Adam confirmed. TORSTAR NEWS SERVICE



In this courtroom sketch, Karim Baratov (right) addresses the court as his lawyer Amedeo Dicarolo (bottom left), Crown Heather Graham (second from left), lawyer Deepak Paradkar (top left) and Justice Alan Whitten look on. THE CANADIAN PRESS

COURT

Accused Yahoo hacker makes appearance in bail hearing

The father of a Canadian man accused in a massive hack of Yahoo emails told an Ontario court Wednesday that he'd keep all electronic devices locked away and out of his son's reach if his child is released on bail.

Akhmet Tokbergenov was testifying in a Hamilton courtroom at his son's bail hearing, saying he and his wife are pre-

pared to do whatever the court orders if the 22-year-old is released from custody.

Karim Baratov was arrested under the Extradition Act last month after U.S. authorities indicted him and three others — two of them allegedly officers of Russia's Federal Security Service — for computer hacking, economic espionage and other

crimes.

American authorities have alleged in court documents that Baratov poses an "extremely high flight risk" in part due to his alleged ties to Russian intelligence agents and his financial resources. They've noted that Baratov did not appear to have any "legitimate employment."

THE CANADIAN PRESS

NATIONAL DIGEST

Beyak removed from Indigenous committee

Conservative Sen. Lynn Beyak, who famously declared "some good" came out of Canada's residential schools, has been removed from the Senate's committee on Indigenous peoples.

A spokesperson for interim Conservative leader Rona Ambrose says the senator's controversial comments do not reflect the party's position on residential schools.

THE CANADIAN PRESS

PM showcases idea for procedural reform

Prime Minister Justin Trudeau responded personally to all questions asked by fellow MPs in the House of Commons Wednesday.

The move came as the Liberal government tries to convince the opposition of the merits of its proposed changes to the ins and outs of parliamentary procedure.

One suggestion is to set aside one day of the week for MPs to direct questions to the prime minister, such as is done in Britain — one of the Liberals' campaign promises.

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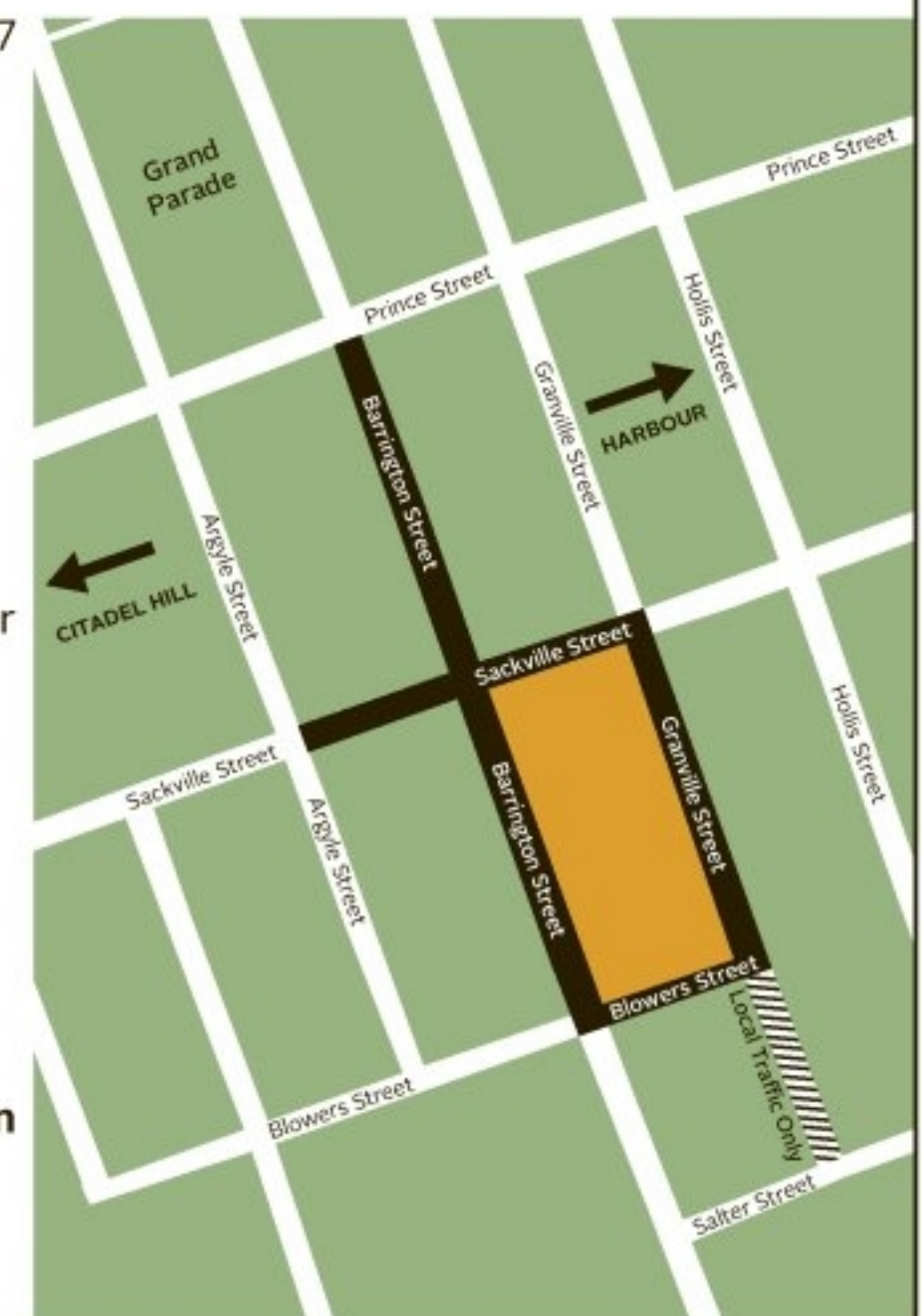
Barrington and Sackville – Sat., April 8 beginning at 5 a.m. Expect delays.

Street closures are required to accommodate the demolition of 1593 Barrington St. (former Discovery Centre site).

Work will be completed by Mon., April 10 at 7 p.m.

Details at halifax.ca/barrington

HALIFAX



Death toll rises in Syria

MIDDLE EAST

Global leaders seek answers about attack in northern town

Abdel Hameed Alyousef lost his two children, his wife and other relatives in the suspected chemical attack Tuesday in the northern Syrian town of Khan Sheikhoun that killed over 80 people, including at least 30 children and 20 women.

The 29-year-old father held his nine-month-old twins, Aya and Ahmed, each in an arm. He choked back tears, mumbling, "Say goodbye, baby, say goodbye" to their lifeless bodies.

When the airstrike took place, "I was right beside them and I carried them outside the house with their mother," Alyousef said.

He brought them to paramedics and, thinking they would be OK, went to look for the rest of his family. He found the bodies of two of his brothers, two nephews and a niece, as well as neighbours and friends. Only later was he told his children and wife had died.

The death toll from the suspected chemical attack rose to 86 on Wednesday as activists and rescue workers found more survivors hiding in shelters near the site of the assault, one of the deadliest in Syria's civil war.

The attack on Khan Sheikhoun killed dozens of people on Tuesday, leaving residents gasping for breath and convulsing in the streets. Haunting images of lifeless children piled in heaps reflected the magnitude



Syrians bury the bodies of victims of a suspected toxic gas attack in Khan Sheikhoun, a nearby rebel-held town in Syria's northwestern Idlib province, on Wednesday. FADI AL-HALABI/AFP/GETTY IMAGES



Abdul-Hamid Alyousef cries as he holds his twin babies who were killed. ALAA ALYOUSEF VIA THE ASSOCIATED PRESS

U.S. REACTION

President Donald Trump declared on Wednesday the deadly chemical attack in Syria had crossed "many, many lines" and abruptly

changed his views of Syrian President Bashar Assad.

But he refused to say what the U.S. might do in response.

of the attack.

A resolution drafted by Britain, France and the U.S. stresses the Syrian government's obligation to provide information about its air operations, including the names of those in com-

mand of helicopter squadrons on the day of the attack.

Damascus and its ally Moscow have denied they were behind the attack. Russia's Defence Ministry said the toxic agents were released when a

Syrian airstrike hit a rebel arsenal, an account Britain dismissed at an emergency UN session called in response to the attack.

British Ambassador Matthew Rycroft said the U.K. had seen nothing that would suggest rebels "have the sort of chemical weapons that are consistent with the symptoms that we saw yesterday."

Russia said it would submit information from its Defence Ministry to the Security Council debate.

THE ASSOCIATED PRESS

BRUSSELS

\$6B aid pledged by over 70 countries

International donors pledged \$6 billion in aid for war-ravaged Syria on Wednesday as the UN Security Council held emergency talks over a suspected chemical attack that killed dozens in a rebel-held province.

Donors from more than 70 countries meeting at a conference on Syria in Brussels made a "collective pledge of \$6 billion for this year alone," EU Humanitarian Aid Commissioner Christos Stylianides said.

Stylianides described the pledge — which appeared to approach the conference hosts' target — as "an impressive figure."

Syria's "needs are massive. Our conference is sending a powerful message," he said. "We are not letting down the people of Syria."

However, the goodwill at the meeting was shadowed by the chemical attack Tuesday in Idlib that killed 75 people.

Responding to the grim news, UN Secretary-General Antonio Guterres appealed for Syria's warring factions and government backers such as Russia and Iran to bring an end to a six-year conflict that has taken the lives of almost 400,000 people.

"Nobody is winning this war, everybody is losing," Guterres said. "It is having a detrimental and destabilizing effect on the entire region and it is providing a focus that is feeding the new threat of global terrorism."

THE ASSOCIATED PRESS

U.S. POLITICS

Bannon loses key post

President Donald Trump has removed Steve Bannon from the National Security Council, reversing a controversial decision to give Bannon access to high-level meetings.

A memo about the council's composition no longer lists Bannon as a member of the Principals Committee, a group of officials who meet to discuss national security priorities.

A senior White House official said Wednesday that Bannon was initially placed on the National Security Council as a measure to ensure implementation of the president's vision, including efforts to streamline operations at the NSC. THE ASSOCIATED PRESS

KANSAS

Student sleuths oust incoming principal

An incoming high school principal has resigned in Kansas after student reporters investigated and raised questions about her credentials.

The Pittsburg School Board accepted Amy Robertson's resignation on Tuesday, saying she felt the decision was "in the best interest of the district ... in light of the issues that arose."

The main concern stemmed from her receiving her master's and doctoral degrees from Corlins University, an unaccredited, online school. Robertson said she received her degrees before the university lost accreditation.

"She was going to be the head of our school, and we wanted (to) be assured that she was qualified and had the proper credentials," Trina Paul,

a student editor at Pittsburg High School's newspaper, The Booster Redux.

Superintendent Destry Brown praised the student reporters, saying: "I appreciate that our kids ask questions and don't just accept something because somebody told them." He told the Pittsburg Morning Sun they "did a great job with the research they did."

Robertson, who works with an education consulting firm in Dubai, said there was "no issue" when she received the degrees from Corlins in 1994 and 2010. She declined to comment on questions posed by the students about her credentials because, she said, "their concerns are not based on facts."

THE ASSOCIATED PRESS



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Quebec emerges as electric car capital

AUTOMOTIVE SALES

Success driven partly by small-town dealership

A small corner of Quebec cottage country has quietly become the electric car capital of Canada, driven in part by the unlikely success of a small-town dealership.

The region of Lanaudiere north of Montreal has the highest per capita electric car ownership in Quebec, according to the provincial electric vehicle association.

Several factors make Quebec fertile ground for electric cars. Electricity is relatively cheap and the provincial government offers sales rebates and recently passed the country's only legislation requiring automakers to sell a minimum number of electric, plug-in hybrid and hydrogen

fuel-cell vehicles for the 2018 model year.

But the leading position of Lanaudiere is also due to Bourgeois Chevrolet in the small town of Rawdon, which industry experts say sells more electric cars than any other traditional dealership in Canada.

Co-owner Hugo Jeanson says the dealership's decision a few years ago to focus on electric cars as a way to grow the business attracted a following, with

customers coming from as far away as New Brunswick and British Columbia.

Jeanson credits the dealership's success to having many models on the lot, training staff about electric cars, paying them salaries instead of commissions and letting prospective customers test-drive the cars for several days. The dealership has also donated chargers to local businesses, helping to encourage demand. THE CANADIAN PRESS



Hugo Jeanson's dealership sold 400 electric cars last year. THE CANADIAN PRESS

SOCIAL MEDIA

Upstart threat to Twitter



Andrew Fifield
Metro | Toronto

Twitter's rampant racism, harassment and abuse remains the largest thorn in the side of many users, but an upstart social network named after a prog-metal band is promising a less hostile experience, and thousands of Twitter's embittered birds are flocking to it.

Mastodon, an open-source Twitter clone created by 24-year-old German Eugen

Rochko, will instantly look and feel very familiar to long-time tweeps. However, they will also notice some new features like a 500-character limit and the ability to make individual posts private.

Oh, and don't call those posts "tweets." They're "toots."

The service is being billed as a "decentralized alternative to commercial platforms, it avoids the risks of a single company monopolizing your communication," according to a post on its website.

150 WAYS of looking at Canada

POSTCARD NO. 65

RIDEAU RIVER, OTTAWA, ONT.



THIS PHOTO WAS TAKEN LAST FALL AT CARLETON UNIVERSITY, OTTAWA, ONT., AND PROVIDES ONE OF THE MOST BEAUTIFUL VIEWS OF THE RIDEAU RIVER. THIS PICTURE IS SIGNIFICANT AS IT IS ONE OF MY FAVOURITE MEMORIES OF UNIVERSITY LIFE. WITH THE NATURAL BEAUTY, CRYSTAL CLEAR WATERS AND SPECTACULAR FALL COLOURS, THIS IS ONE OF MY FAVOURITE PLACES TO BE DURING THE FALL SEASON. HASSAN KHAN

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AZEEZAH KANJI ON CANADA'S APARTHEID AMBIGUITY



It is easy to claim a place on the right side of history with the moral clarity of hindsight

Last week, the world mourned the death and celebrated the life of Ahmed Mohamed Kathrada, a stalwart in the fight against South African apartheid, and close confidante and parliamentary adviser to Nelson Mandela. (Kathrada was sentenced to life imprisonment alongside Mandela in the infamous Rivonia Trial of 1964, and was incarcerated for more than 26 years, 18 of them on Robben Island.)

There is now a prevailing mythology in Canada that our government was a steadfast champion of the struggle against apartheid. However, this is more idealized history than an accurate rendition of reality.

As political science professor Linda Freeman documented in her book *The Ambiguous Champion: Canada and South Africa in the Trudeau and Mulroney Years*: "Canadian officials, like their counterparts in other Western countries, made increasingly strong statements against apartheid, but continued to support full economic and diplomatic relations with the white minority regime" for decades after South Africa first implemented apartheid officially in 1948.

Throughout the 1950s, Canada repeatedly voted against or abstained from resolutions condemning the racism of apartheid at the United Nations. Canada also refused to sign the 1973 UN Convention on the Suppression and Punishment of the Crime of Apartheid; like other Western states opposed to the convention, Canada was worried that its own citizens and corporations

Those working to dismantle racial oppression today are stigmatized and surveilled.



Ahmed Mohamed Kathrada, a celebrated figure in the fight against apartheid died last week. The occasion offers a chance to reflect honestly on Canada's part, writes Azeezah Kanji. GETTY IMAGES

might face prosecution for aiding and abetting apartheid.

Canadian companies took advantage of the low wages made possible by racist subjugation of black South Africans. Influential private sector actors advocated "constructive engagement" with apartheid rather than divestment. Until the mid-1980s, Canadian MPs visited on trips sponsored by the South African government, returning full of praise for its system of rule.

While the Mulroney government only laxly enforced the military embargo imposed by the UN against South Africa in 1977 and Canadian companies persisted in arming the apartheid regime. The Quebec-based Space Research Corporation, for instance, provided South Africa with an artillery system that could fire tactical nuclear weapons.

And while the Mulroney government did apply economic sanctions in 1986 after many years of protest by South African exiles, churches, unions, and others, these sanctions were merely voluntary for many sectors. Canadian trade with South Africa

actually increased from 1987 to 1988.

Groups opposing the terror of apartheid were smeared as terrorists themselves, and denied support. When the president of the African National Congress, Oliver Tambo, visited Ottawa in 1987, Prime Minister Mulroney confronted him with an advertisement put in the *Globe and Mail* by the South African embassy denouncing the ANC as a violent Communist organization. (To which Tambo responded: "If you want to talk about violence, what violence exceeds that of apartheid?")

Canada continued to place visa restrictions on members of the ANC for more than 20 years after Mandela was freed from prison; Kathrada himself was denied visas to Canada in 1996 and 2006.

It is important that we don't forget the conflicted truth about Canada's relationship with apartheid South Africa. This history reminds us that the arc of the moral universe does not bend towards justice by itself — and that those responsible for moving it in that direction are usually not

treated as heroes at the time, but as terrorists and subversives and criminals.

While figures like Kathrada and Mandela have been valorized after the vindication of their cause, those working to dismantle structures of racial oppression today are stigmatized and surveilled as security threats.

For example, indigenous activists, non-violently resisting the legacy of Canada's own policies of anti-indigenous apartheid, have been investigated and put on watch lists by security agencies under operations like Project SITKA.

Canada's ambiguous relationship with apartheid reminds us that it is easy to claim a place on the right side of history with the moral clarity of hindsight, but much harder to stand for justice against powerful interests in the present.

In the end, as Ahmed Kathrada knew, "No people have been given their freedom without having to struggle for it."

Azeezah Kanji is a legal analyst based in Toronto.

Brands you can trust when the world starts to burn



Vicky Mochama Metro

When the revolution starts, which brand will be there for me?

I wondered this as I watched the caffeinated cola ad starring Kendall Jenner as a model-turned-protest leader. In it, she solves police brutality by handing a police officer a non-Coke soda. When she does it, a cheer goes up in the crowd as if to say, "We realize the police were hypoglycemic. Thanks, Kendall!"

After much backlash, the company has pulled the ad. They're not the only ones to pull ads this week.

The New York Times reported that Fox News blowhard Bill O'Reilly has had to pay out \$13 million in sexual harassment lawsuits over the last few years. Forty advertisers (and counting) have responded by pulling their ads from O'Reilly's show, including major ones like Mercedes Benz, BMW, AllState Insurance and GlaxoSmithKline.

None of these companies pulled their ads from the network last July when allegations surfaced about Fox News CEO Roger Ailes sexually harassing employees. (He left the company soon after.) Maybe all those brands were just monitoring the situation.

Nine months after Ailes' departure, women must be overjoyed that dental company Invisalign is standing up for women.

There's really no reason for brands to be left out of dismantling capitalism.

In fact, between caffeinated beverages and luxury cars, it

is invigorating to find brands that will be there to support the dismantling of systems of oppression.

For example, right-wing media has been assuring us that a race war is forthcoming. Done properly, it's a marketer's dream.

With their long-standing work on buying cool via basketball stars and rap music, Sprite will surely offer to be the drink of black people. Nothing says cool and refreshing like a battle for racial superiority.

I have been planning my outfit for the race war for sometime, but what I am really hoping is that Beyonce's athleisure line, Ivy Park, will supply our uniforms. Canadians who decline to take part can pick up their non-combatant grey sweats from Race War Amnesty title sponsor Roots.

But it's not just during the upcoming race war (sponsored by Halliburton?) when brands can find a lucrative market.

There are unique opportunities right now. As the resistance to Donald Trump coalesces in the United States, there is a profitable opportunity for Staples to provide branded poster board to marchers. In addition to their Easy button, they could issue a "RESIST" button.

There is a product for every consumer. It's just a matter of finding the company that fulfills your desire for de-funding private prisons but also serves the best latte.

Gil Scott Heron was right. The revolution will not be televised.

It will be streamed live on YouTube and hosted by BuzzFeed.

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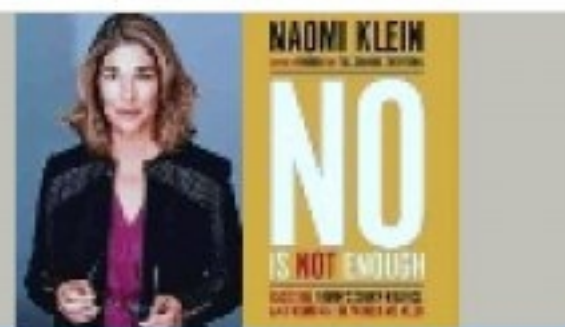
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Remembering Mom through her pearls

MEMOIR

Local style guru switches gears in emotional new book

Sue Carter
For Metro Canada



During her last days in the hospital intensive-care unit, Karen von Hahn's mother Susan could no longer speak, but she could communicate by spelling out letters on a white card.

Susan's last word tapped out to her daughter was "pearls," which von Hahn instinctively knew meant that she was to inherit her mother's prized jewellery.

Von Hahn describes the art deco-fashioned strand of precious jewels as "fat and creamy, but elegantly flapper," in the opening of her new book, *What Remains: Object Lessons in Love and Loss*, a tribute to her mother, who died in 2012, and their complicated relationship.

Von Hahn, one of Toronto's most well-known and enduring style journalists, has spent most of the last three decades talking about the meaning of objects we surround ourselves with. It's a subject she knows

intimately from birth.

Her mother Susan was a glamorous, witty, fun-loving, and perfectly tanned woman with a penchant for designer clothes and a driving need to be immersed in beauty, whether it be a Yves Saint Laurent peasant blouse or the satin silver couches where she would entertain over many vodka cocktails.

Von Hahn catalogues these items with sharp detail, in part to better understand her mother's life and, at times, the pain Susan's seeming narcissism would cause those around her.

"In the end we're left with nothing but a person's things. The reminders and the touchstones and the artefacts of a person's life," observes von Hahn, who started writing *What Remains* a year after her mother's death.

"What did they collect? What did they aspire to? What did they hope for or want to be? All these things are really expressed in the things that surround a person's life. It's like every person is curating their own museum. I thought that was a way in — to circle around the idea of my moth-

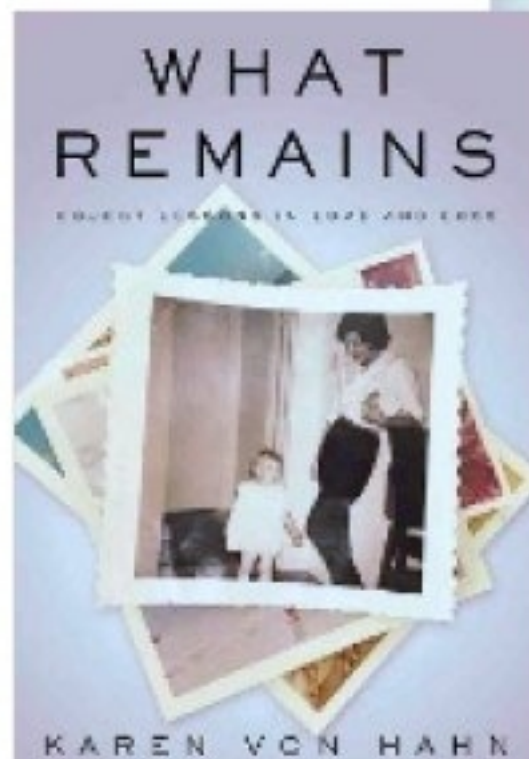
er and my memories of her through the lens of objects and what they mean."

Growing up with a fabulously turned-out mom — and one who demands constant attention, often at the expense of others — can be tough on kids, especially as they test out their own emerging identities, only to discover there's little room left to share in the spotlight.

Von Hahn and her siblings were often left to their own devices, even when a little parental nurturing was called for. "In our house it was clear that the story was about my parents," says von Hahn. "It was their love affair and we children were just ancillary to that."

In the book, she recalls her mother's obsession with glamour as both a point of pride and embarrassment.

"She would appear at school and wouldn't look like any of the other mothers at all. She didn't care about the rules or whether other people thought she was appropriate. She was a bohemian at heart," says von Hahn. "But sometimes as a kid you think, 'Oh my God, can't they just be normal, like everyone else's parents for just one



second?"

It's been roughly four years since von Hahn starting writing *What Remains*, still in the thick emotional pool of both sorrow and relief.

And while the memoir may have been therapeutic in some ways, she continues to deeply miss her mother's physical presence and sharp insight.

"She refused to be forgotten. She was one of a kind. I felt she deserved the effort to be remembered because she was just amazing," says von Hahn. "I hope that the portrait of her I paint, which is warts and all, is true. I was mad for her."

Sue Carter is the editor at Quill & Quire magazine.



In her memoir, journalist Karen von Hahn pays homage to her glamorous late mother, who she says was a bohemian at heart — something she didn't always appreciate as a kid. CONTRIBUTED



In our house it was clear that the story was about my parents. It was their love affair and we children were just ancillary to that.

Karen von Hahn



Rupert Grint as Charlie Cavendish-Scott in *Snatch*. CONTRIBUTED



JOHANNA SCHNELLER WHAT I'M WATCHING

Criminally inept, in more ways than one

THE SHOW: *Snatch*, Season 1, Episode 2 (Crave)

THE MOMENT: The rapping Hasidim

Londoners Albert (Luke Pasqualino) and Charlie (Rupert Grint) are in debt to gangsters. They've agreed to ferry three Brooklyn diamond merchants named Heibel, and their stash of stones, from Gatwick airport to a powerful fence.

Charlie's eyes widen in glee when he spies the Hasidim in their long coats, hats and shades,

striding in slow motion like *Reservoir Dogs*. The three settle in the back seat of a minivan. "Where can we have a little fun around here?" Heibel #1 asks.

"What kind of fun are you referring to?" Charlie asks.

"Mad fun, da," replies Heibel #2.

"All work and no play makes Abel a dull boy," #1 says. #2 passes out tabs of MDMA. The Hasidim swallow.

"Turn up the music," #1 orders, and all three begin furiously rapping to Run DMC's *It's*

Tricky to Rock a Rhyme. With hand gestures.

This 10-hour series, based on a real gold heist, borrows the choppy, stop-start style from Guy Ritchie's 2000 film of the same name. Unfortunately, it borrows everything that's frantic, florid and faux-gangsta about it, too.

Alongside the rapping Hasidim, there are dirty boxers, mob-connected Cuban club-owners and not one but two self-serving, hard-boiled dames. There's also a father/son arc, as Albert tries to escape the shadow of

his crooked dad Vic (Dougray Scott), who's still running heists from prison.

Under all the noise, though, the plot keeps taking the same wrong turn: the lads repeatedly trip on their ineptitude. Criminality can be fun. But too much criminal stupidity will make *Snatch* a dull show.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

More than a feline: why cats are so weird

INTERVIEW

The whiskers and all story of what kitty is really thinking

Genna Buck
Metro | Toronto



Cats are weird. They growl when they're happy, hiss when they're mad, and do that weird kneading thing on the couch for no apparent reason. There's some debate about whether they love us back, or if they'd be plotting to murder us if they only had opposable thumbs. They are some of the wildest animals we let into our homes. Thomas McNamee, author of the new book *The Inner Life of Cats*, says our cats love us, and they can communicate with us — we just have to learn how to listen.

What made you decide to write a book about cats' minds?

I guess it came down to guilt. A little black cat walked into our lives when we lived in a ranch in Montana. We found



Learning cats' body language is key to bonding, says author Thomas McNamee. ISTOCK

her in the barn, and she proceeded to live with us for the next 15 years. We didn't know much about how to bring up and treat a cat, and she turned out to be sort of a fraidy cat. I later learned a lot more about cats. We made so many mistakes. And I realized people everywhere were likely making some of the same

mistakes that we made.

There's ongoing debate over whether cats are really domesticated — whether feral cats and house pets behave all that differently. Do you come down on a side?

I come down on both sides of it. Our cats are directly descended from the North Af-

rican wildcat, and they're not very far from them. A lot of their habits and their psychology are directly related to that wildcat. On the other hand, there are aspects of their being that have evolved to be extremely domestic. You have to pay attention to how cats relate to humans. Dogs are easy to read. Cats are not so

easy. But a cat really will love you.

So how do I know if my cat loves me?

The first step is to learn their body language. The most important expression of affection is the long, slow blink, looking right at you. And the straight tail with a little hook on top is a very friendly gesture. They will do things to you that wildcats do to one another to say, "I like you": bumping into your leg with their head, or rubbing their face against you.

What surprised you the most, out of all you learned?

The thing that struck me most is the depth and complexity of their emotions. I really had no idea how much was going on. There's been a tremendous amount of scientific research done in the last 20 years, and the results have not made it into the cat books that you can buy by the dozens.

What should be in those books?

People need to know that cats

have deep emotional needs. Some people feed them, let them out, that's it. And the cat becomes a living, breathing sofa cushion. And here's another thing: The most important thing in most cat's lives is their litter box. It's true. It's like "This is where I leave the most olfactory information, these is my territory, my headquarters." And if your litter box situation is not right, your cat is going to be out of sorts all the time.

How do you know if you're doing the litter box right?

Well, the cat will eventually tell you. It needs to be sheltered, out of traffic, but it's got to have an escape route. Other cats need to respect it. It needs to be clean, but not too clean. Bleach is no good either. Respect is very much tied to it. It sounds silly, but if you look at the cat when it's doing its business in the box, they have this kind of sort of dreamy look on their face. They're in this kind of trance. They're completely absorbed in the experience.

Cats are so weird...

Yes they are!



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TOP 150 FOR 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

Canada's deep space ambitions

Sean Plummer

Russia and America were first in space, but Canada wasn't far behind. It was back in 1961 that the Alouette 1 satellite was launched, and it was so technically sound that it lasted 10 years instead of the projected one.

Arguably our greatest contribution to the space race has been the Shuttle Remote Manipulator System, better known as the Canadarm. The mechanical arm allowed space shuttle pilots to deploy, maneuver and capture payloads.

Canada's interest in space

exploration has been boosted in recent years thanks to the media savvy of astronaut Chris Hadfield. The former fighter pilot helped install Canadarm2 in April 2001, and gained fame by documenting life on the International Space Station for followers worldwide. He even performed David Bowie's "Space Oddity" in space.

The next Canadian astronaut will be family doctor and physicist David St-Jacques who launches in November 2018. Looking to the future, the Canadian government has committed nearly \$380 million to develop technologies that will eventually see humans explore deep space.



Canada's interest in space exploration has been boosted thanks to the media savvy of astronaut Chris Hadfield. TORSTAR NEWS SERVICE

The long road ahead

Give it up for Yonge Street, the world's longest road! Kind of. While Canadian lore has it that Toronto's main thoroughfare is the longest road on the planet, the Guinness Book of World Records took that title away in 1999. The dispute lies in whether or not a portion of Yonge, aka Highway 11, that runs along the Ontario-Minnesota border is actually part of the same street. Yonge Street was originally a strategic military route for British troops. Until 1999, it was listed as being 1,896 km long. In our hearts, it still is.

SEAN PLUMMER



Luckily for these 10K runners, they aren't tackling the entire 1,896 km of Yonge Street. TORSTAR

We our doughnuts

It's true: Canadians consume the most doughnuts per capita in the entire world. Could Tim Hortons be the reason? The chain has more than 3,400 outlets nationwide, in downtowns, suburbs and at vir-

tually every road stop along Canada's highways. Sure, they serve other foods, too, but a Timmie's coffee and doughnut might as well be our national dish. Doughnut is its own food group, right?

SEAN PLUMMER

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Durham, Lorraine Collection



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Don't forget about the fifth wall

INTERIORS

Ceiling decor can add dimension to room design

Consider your ceiling a canvas. It's worked for centuries in palaces and places of worship — there's no reason it can't work for your castle, too. From subtle to spectacular, here are five designer treatments for your fifth wall.

Paint

Colour lends drama and luxury to a room in a way that white paint can't. Colour allows you to define a room in the same way that an area rug does. Psychologically, people are often most comfortable with ceiling colours that are similar to those found in nature.

In making your selection, the sky really is the limit. Be brave and have fun with it. Consider the light blue of a clear morning, or the golden hues of a sunset, the blue of a full-moon night sky all the way to the deepest black of a moonless night. This kind of ceiling treatment can be achieved in a weekend with relative ease and a modest budget.

Wallpaper

Back on trend in a very big way, wallpaper can deliver features such as texture, sheen and pattern to any room. Take grass cloth — it can give an embossed textured to a ceiling, with either tone-on-tone or contrasting colours for maximum effect. Using a sheen lets you create a shiny or matte detail and it's most effective in a space which has some



Installing coffers can add depth and provide the perfect placement for pot lights. The beams can also be painted for an unexpected pop of colour.

up-lighting to enhance the light play on the ceiling

Don't be afraid of pattern in the right place: imagine the impact of a palm leaf motif on the ceiling of a solarium or sun room. What better way to create atmosphere? Pattern on all five walls of a powder room can work well, too.

Lighting

More times than not, bigger is actually better when it comes to lighting a space and delivering an impact.

The importance of scale cannot be underestimated. In a foyer, for example, you should seek out something that practically fills the entire ceiling tray. Consider it functional jewelry for your entranceway, setting a tone for your entire home. Dining rooms, too, are often excellent rooms in which to hang a statement piece. Keep in mind the designer rule that the fixture should be approximately two-thirds the diameter of the dining table. If you can't find that in a single fixture, don't hesitate to use two or

three of the same style to achieve your well-lit layered look.

Coffers

A series of sunken panels in the shape of a square, rectangle or octagon in the ceiling, coffers can give a room the look of rich, old-world luxury while providing a solution to a multitude of sins.

Electrical wires can be hidden with coffers and pot lights can be installed. With the proliferation of condos and their concrete ceilings, coffers provide an opportunity for good general light



Top left: Crown moulding adds height to ceilings. Top right: All over wallpaper can have a big impact, especially in a small space. Bottom: Statement light fixtures, like a chandelier here, can set the style tone for a room. ALL PHOTOS TORSTAR NEWS SERVICE

and visual interest. This newly added depth gives you the opportunity to add colour to the variety of details and levels, or simply the ceiling itself. This is not a weekend warrior project; it requires the tools and skill set of a tradesperson.

Mouldings

Offering subtle embellishment to the ceiling, mouldings can be as simple or detailed as your taste allows. Many older homes have lower ceilings measuring eight feet or so. As a result, white was

typically used in the past to visually increase the height of the ceiling. Mouldings in this kind of application allow for you to play with depth, shadow and light in a way which dressed the ceiling as opposed to lowering it. Crown moulding is a classic detail and a favourite of many which will never go out of style.

Moulding added to the centre of the ceiling in a Greek key pattern, for example, is trending right now and often painted out in the same colour as the ceiling. TORSTAR NEWS SERVICE

DESIGN

Bring on the balcony gardens

Genna Buck
Metro | Toronto



Nothing gives you the urge to grow green things like the smell of spring in the air. But then you remember you're a condo-dweller with two black thumbs.

Never fear, says Ontario Master Gardener Cauleen Viscoff. Even a botanical bonehead can create a beautiful balcony garden. All it takes is a little patience and a few simple rules.

The right garden starts with the right soil, Viscoff said. Topsoil is no good for potted plants; it has to be potting soil. If you're planning to grow fruits or vegetables, choose an organic brand without chemical fertilizers.

Now survey the space you have to work with. If your balcony faces south or southwest, sun-loving vegetables like tomatoes and beans can fare well. But if you're stuck in the shadow of nearby buildings, you can still grow spinach, kale and lettuce.

Viscoff recommends taking

note of the direction your garden will face and counting the hours of sun you get, then heading to your local greenhouse to ask what plants are your best bet. And while you're there, consider buying a few, pre-sprouted. Starting things from seed is finicky and frustrating for newbies, Viscoff said.

She likes to grow deep-rooted vegetables like tomatoes and beans in those large white five-gallon pails that restaurant suppliers use. Make sure to poke holes in the bottom so

they can drain well, and tempting as it is, don't overwater: You'll end up with root rot.

Instead of watering on a set schedule, simply stick your finger in the soil down to your first knuckle. If it feels damp to the touch, it's fine. If it's dry, it's time to water. Finally, remember to plan your garden with the

idea of what it will eventually look like in mind. If you choose tall plants for overhanging window boxes, they will grow to block your view.

Beans will wind themselves around your railings and climb up your brick wall, which can be awesome, but might annoy your neighbours.

The minimal bit of fuss it takes to get your garden growing is more than worth it, Viscoff said, especially if you have kids. "We're so disconnected from where our food comes from. We don't farm anymore. We've moved to cities," she said. "It's so thrilling to go outside to pick some beans for dinner."

+ GET GROWING

Looking to get growing? Here are Viscoff's picks:

Tomatoes

Choose smaller, bushy varieties that

don't need staking.

Peppers

Mini sweet peppers will grow well in a container and ripen faster than large ones.

Iceberg pansies

These are ready to go out soon and will be done blooming by the summer.



Spring decor *hand-made* in Montreal

Three eco-conscious designers from Montreal are collaborating on a home decor collection linked by their neutral tones and blue accents. Available now on eBay Canada, the collection ships free and proceeds go to Evergreen, a charity that promotes sustainable cities. **MELITA KUBURAS/METRO**

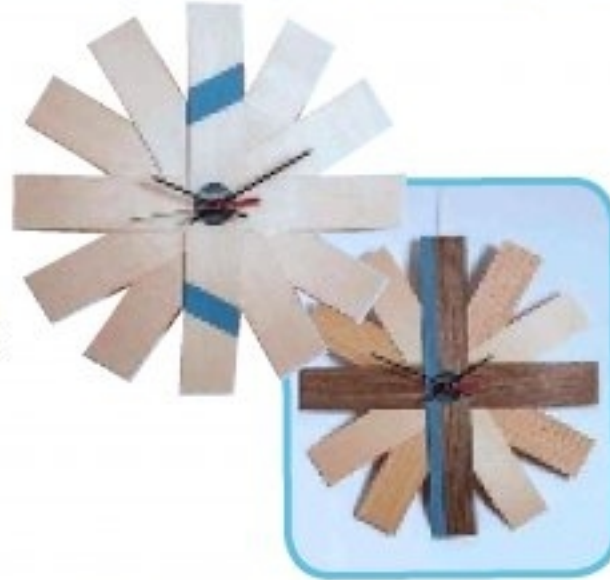


Midnight Owl (top) \$65;
North Caribou \$65

All items available at
eBay.ca/collaborations

Cushy creatures by Velvet Moustache

Majorie Labrègue-Lepage's company will celebrate 10 years this September — the Midnight Owl was one of the first in her collection of square-shaped animals. "I buy organic cotton threads and recycled fabric polyester and we take all those materials to knit the fabric," she says, of the terrycloth cushions made in Montreal's Ville-Marie neighbourhood. Textile sustainability is a core value. "It should be important to everyone," she says.



RELOJ Maple (left) \$55;
RELOJ Walnut x Maple x Oak \$55

Nature time by Atelier Cocotte

Designer Isabelle Auger is known for her abstract light fixtures and lamps made out of bendy wooden strips, but she sometimes adds complementary decorative items to her workshop. The timepieces are made from Canadian maple, oak and walnut.

Trendy tableware by a ceramic artist

Marjorie Camiré says all her pieces are tipped in glaze, which creates a random gradient pattern that makes each item unique. "Cobalt blue is a pigment you can find in nature and it's a classic in ceramics — like the old-timey pottery that are patterned with that pigment — and I decided to use it differently," she tells Metro.

Vase \$80; Salt Box \$35
Serving Platter \$50



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HEAT PUMP GUYS

Heat pumps in high demand, so call the Heat Pump Guys

Heat Pump Guys has expanded its operations by opening a new state of the art sheet metal fabrication facility in Bluewater Industrial Park.

The new facility houses sheet metal presses and other equipment that will allow the manufacture of large industrial ducts for commercial HVAC systems as well as residential applications, according to owner Joe Murray.

Heat Pump Guys is one of the largest residential heating, ventilation, and air-conditioning (HVAC) companies in Nova Scotia providing advice, sales, installation and maintenance services.

Heat Pump Guys is also an approved contractor with Nova Scotia Power's Heat Pumps Set You Free program, allowing them to finance heat pumps for customers with low rates and on statement billing, explained Murray.

Heat pumps are in high demand in Nova Scotia saving people up to 50 per cent or more on heating costs while also providing air conditioning during the summer months.

Experienced Red Seal Program technicians and a knowledgeable sales team headed by general manager, Tammy Leask, has lead to Heat Pump Guys' success.



The new Heat Pump Guys facility can manufacture large industrial ducts for commercial and residential HVAC systems. CONTRIBUTED

Leask's focus on customer service is what's driving our referral business, said Murray.

"More and more business is coming from existing customers who are seeing significant savings and recommending Heat Pump Guys to friends and family." For more information, contact the company at info@heatpumpguys.ca or call (902) 444-7870.



After having to withdraw a bid he put on a 'dream' home due to an abundance of unexpected paperwork, Chris Ryall purchased a townhome with his girlfriend in Burlington, Ont. last July. TIM FRASER

In a homeowner's hindsight

NO REGRETS

Things they wish they'd known before buying

Camilla Cornell

Shoulda, woulda, coulda. If you've managed to make it through life with no regrets, you're definitely in the minority.

Even Frank Sinatra, who famously crooned I Did It My Way, had a few. But since buying a home is probably one of the biggest-ticket purchases you will ever make in your life, we asked recent homebuyers to share with us some of the things they wish they'd known about the process.

1. **Get your ducks in a row well in advance when it comes to financing.** Chris Ryall lost the house of his dreams because "the bank wasn't able to get their act together in time." Ryall had already owned and paid off two houses, but after his divorce, he

and his girlfriend wanted to buy a house together.

"I figured getting financing would just be a formality," he says. Ryall reasoned that he owns a business, has a credit score in the top five per cent, and has been with the same bank for many years. But he couldn't have been more wrong. "None of that meant diddly-squat," he says.

2. **Do a credit check in advance.** "Credit scoring agencies like Equifax and TransUnion can make mistakes," says Ryall. His girlfriend's credit score still reflected an old loan she had repaid long ago.

And, as Ryall points out, every time some company does a credit check on you — for instance, when you're changing cell phone plans or if you move and have to set up services in the new location — it can negatively impact your credit score.

3. **Opting for a condo? Read the rules and regs thoroughly.** "I was surprised at some of the fees implemented by my condo board," says personal finance blogger Barry Choi (moneywehave.com), who bought a condo last year with his wife Carla Salvosa. "If we ever get locked out of our unit, we'll

be charged to have the concierge let us back in," he says. "We'll also be charged if we leave our car in its parking spot when they're power washing the garages." Although Choi and his wife haven't yet been dinged for anything, he says, "some of the fees listed still seem insane to me."

4. **Buying a new home? Think long term and upgrade the materials.** "We bought our house brand new from a builder," says Nancy Truman of Markham, Ont. I wish we had known to upgrade the materials used at the time."

Just 12 years on, Truman has

already replaced the roof and the attic insulation. In addition, she says "the windows ice up and the garage door keeps falling apart." 5. **Give yourself time to get out of one home and into another.** Dan and Jasmine Young moved into their home in Toronto's east end in December. "We closed on our new house and old house on the same day," he says. "That meant we had to be out of one house and coordinate getting into the other all on the same day. It added a ton of stress on top of having a pregnant wife in her third trimester!"

THE RIGHT MORTGAGE FOR THE RIGHT HOME.

CUA
The better way to bank

Staging your home so it sticks

EXPERT HELP

Play up the selling points and downplay the chore list

Vicky Sanderson

A booming real estate market doesn't reduce the benefits of hiring a stager. In fact, working with a professional can only add more value, says designer and stager Becky Freeman, because it results in even higher offers.

"As well, in a seller's market, you have to give buyers a reason for the high price," says Freeman, adding that her clients can typically expect a return on the cost of staging equal to between one and three per cent of the asking price.

DIY expert Leigh-Ann Allaire Perrault, who wrote a staging course curriculum for Sheridan College in Ontario, says the process should be seen as an invest-



Designer and stager Becky Freeman likens staging vacant homes and condos to "filling a blank space in a day or two." IRVIN SIDHU

ment rather than a cost. "If you give me \$5,000 and I give you \$20,000, where's the question?" she asks.

An effective stager brings fresh eyes to a property, adds Freeman. "People think their home is decorated perfectly, but often it has to be refined and decluttered — the

analogy would be to a boutique hotel suite."

Both professionals say pre-showing organization is key. After visiting a site, Freeman creates a report for clients that details jobs to be done, with a clickable shopping list. She can also connect homeowners with third-party

experts, such as organizers and tradespeople.

Near the top of her to-do list is ensuring that there's a "purpose" for every room. "The buyer is looking and thinking, what can I use this room for? So every room must have a specific reason. You don't want two things going on

in the same room, or to have undefined spaces."

Sellers often make the mistake of underestimating just how stressful the process will be, or how much work will need to be done. "One of my strengths is as an empathy coach, who understands it's not going to be easy.

But I can explain the need to get rid of stuff, or store items, or do this or that in terms of how they will work as marketing tactics." To "sweeten" the news, Freeman always arrives at the first meeting with chocolate in hand.

To reduce stress, stager Nella Deluca suggests people go on vacation while she addresses the details, including one of her pet peeves — poorly scaled rugs. ("They should anchor the furniture, and not float!" she says.)

Social media may play an increasingly important role in real estate marketing, but Allaire Perrault has a caveat. "It's easy to fake reality by adding filters or shoot with an extra-wide lens to make something look bigger. But don't set people up to be disappointed! As with everything, under-promise and over deliver."

Deluca is all for homeowners doing renovations prior to listing, but not a dream makeover. "They will want to do things they love that make the space very self-specific. That can make it challenging to sell. Anything that's fixed should be neutral, not too ornate, and universally appealing."

Use social to help sell your house

Like many Toronto residents, Cayla Hochberg was optimistic about selling her home because of the lucrative market, but wanted to help spread the word of the new listing as much as possible. And so she turned to social media.

"I shared the MLS listing on Facebook, and not only did people leave encouraging comments

— like 'Beautiful home,' 'Great backyard,' and 'You shouldn't have any problems selling it' — they'll in turn share the listing with their circle of friends," says Hochberg. "The comments then turned to questions like 'What's the lot size?'" The school teacher says her agent received a "great response" from the buzz generated online. The home sold last month for well above asking price, though Hochberg concedes she's unaware if her Facebook posts were a contributing factor. "But you never know who will see your post."

Professionals agree

Lahav Reznik, broker and managing partner of Forest Hill Real Estate Vaughan, says posting a listing to social media not only helps spread awareness of your home, but can translate to a higher price, based on his experience.

"Studies tell us more than 94 per cent of people are looking for homes online, therefore you'll be missed if you're not there," says Reznik. "In a nutshell, not being present on social media could make a difference between selling at market value and selling it hundreds of thousands over

market value."

"Even though we're in a crazy market right now, a 'for sale' sign on your lawn and a MLS listing just aren't enough. The more you're out there promoting the listing on Facebook and Instagram, the higher the probability of showings, the higher the probability of offers, and the higher probability of getting a higher price," says Reznik.

With social media, you're also opening up your listing to foreign buyers, adds Reznik. "It's more than just hitting your local market," he says, adding that having

a website, along with a social media presence, is a good idea as some countries might block access to Facebook and other platforms.

Tips on maximizing posts

The first tip, according to Reznik, is to ensure a social media post grabs someone's attention with an enticing headline and plenty of photos and perhaps videos, too.

"Have a catchy phrase that will make people want to tap or click on it, such as 'Rarely offered lot in highly desirable area' as an example," says Rez-



Boost exposure on social media. ISTOCK

nik. "High-resolution images are also a must as a marketing tool, such as a collage of pictures or good-looking videos."

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Yuuuge on the links

GOLF

Trump extends his polarizing persona to the greens

Leave your ego in the clubhouse if you ever get the chance to golf with U.S. President Donald Trump. He may well throw shade on your game. And puff up his own.

Trump suggested to his good friend Phil Ruffin that maybe he should be hitting from the women's tees. Years ago, he repeatedly ribbed an AP golf writer after his drive didn't go as far as a female pro's. As president, he's even had the chutzpah to give grief to Ernie Els, who's playing in the Masters this week.

"He's very good at the needle," says Jim Herman, who was an assistant club pro at one of Trump's courses before Trump spotted his talent and helped him join the PGA Tour.

Since taking office, Trump has made it clear he has no qualms about spending quality time on the golf course even though he criticized former president Barack Obama relentlessly for doing the same.

This is one area, however, where the president's boasts are borne out by performance.

At age 70, the president still is a very good golfer, with a strong drive, quirky but effective putts and multiple holes-in-one and 19 club championships to his credit.

While he hasn't recorded scores for a while, his handicap was 2.9 last fall, better than the 3.5 for 77-year-old Jack Nicklaus, the 18-time major champion.

In his 10 weeks as president,



Donald Trump says he is using golf to help lubricate business and political pursuits.

THE ASSOCIATED PRESS FILE

Trump has turned up at one or another of his 16 golf properties at least 17 times, spending more than 63 hours in all at different clubs.

But the White House, sensitive to accusations that it's hypocritical for Trump to golf a lot after criticizing Obama for doing just that, fizzes up exactly what the president is doing during all those hours at his clubs.

Trump is proud to say he uses his golf game to lubricate business and political pursuits.

As he tries to revive the effort to repeal health care law, Trump

on Sunday invited Republican Sen. Rand Paul of Kentucky, who had opposed the latest plan, for a round of golf at his course in northern Virginia.

Paul said Monday that Trump likes to talk about "how we come together to get everybody on the same page, and he likes to do it through golf."

Trump made a point of golfing with Japanese Prime Minister Shinzo Abe in February, using the golden driver that Abe had given him just days after the election. The two used the Florida outing to foster deeper relation-

ships in Asia, according to the White House.

Els, who was part of a foursome with Trump and Abe that weekend, says the talk wasn't all business.

"He was giving me grief about my game," Els said. "He's one of the boys. He didn't talk anything down on the ladies or anything like that, so that was nice."

As for making golf more accessible for people without deep pockets, Trump just doesn't want to go there.

He told the Golf Channel last year: "I'd like to see golf be an aspirational game, where you aspire to join a club someday. You want to play, you go out and you become successful."

THE ASSOCIATED PRESS



He was giving me grief about my game.

Ernie Els, four-time major winner

Reporter recounts Trump's mocking

I played golf with Donald Trump in November 2002 when he was just a billionaire developer who loved golf.

Rounding out our pro-am foursome at Trump International in West Palm Beach, Fla., were Annika Sorenstam and Jim Palmer, the former Baltimore Orioles pitcher. At the time, Sorenstam was the best in the world, and Trump had made sure she was in his group.

Me? I was just along for the ride.

On the last hole, Sorenstam hit her tee shot about 10 yards

past mine, and that was all the future president, known for trash talk on the links, needed.

"Did you see how far she hit it past you? And you hit that one good!" he said mockingly.

"Yes, well, she is No. 1 in the world," I replied.

"Yeah, but you're a big, strong guy and she's 20 yards past you!"

The next day I was watching Sorenstam in the first round and when she missed a putt, I realized I was standing next to Trump.

"I hope we didn't ruin her

yesterday," I said.

He looked over, saw me and said, "Hey there! Man, I cannot believe how far she hit it past you on the 18th yesterday." That's when I knew he hadn't let it go.

Days later, when I was to interview him for a story on golf course development, he even wanted me to tell his employee who brought me to our meeting.

"Tell him how far Annika hit her drive past you," he said.

DOUG FERGUSON/THE ASSOCIATED PRESS



Trump's golf handicap.

MASTERS

Johnson ailing after tumble down stairs

Masters favourite Dustin Johnson took a serious fall on a staircase Wednesday and injured his lower back, and his manager said it was uncertain whether the world's No. 1 golfer would be able to play.

It was a stunning development on an otherwise quiet day at Augusta National, where the course was shut down at 1:30 p.m. because of storms.

The real calamity struck a few hours later.

David Winkle, his manager at Hambric Sports, said Johnson fell on the stairs at the home he is renting in Augusta.

"He landed very hard on his lower back and is now resting, although quite uncomfortably," Winkle said in an email. "He has been advised to remain

immobile and begin a regimen of anti-inflammatory medication and icing, with the hope of being able to play tomorrow."

What might help Johnson is that he is in the last group for the opening

round, scheduled to tee off at 2:03 p.m. with two-time Masters champion Bubba Watson and PGA champion Jimmy Walker.

THE ASSOCIATED PRESS



I've got a lot of confidence in my game right now ... But, you know, anything can happen.

Dustin Johnson on Tuesday

OLYMPIC HOCKEY

Marchand's chance spoiled by league

The mother of a Nova Scotia-born NHL player poised to make a bid to join Team Canada says the league's decision to pass on the Olympics is a deep disappointment.

Lynn Marchand, 54, said even though her son Brad Marchand has won gold with Canadian teams at the world juniors, last fall's World Cup of Hockey and the Stanley Cup six years ago with the Boston Bruins, the Olympics remained his dream.

The scrappy 28-year-old player from Halifax — who was in the news on Tuesday for a nasty spearing penalty — seemed well

positioned to make his first Olympic team, but the NHL announced on Monday it's taking a pass on the 2018 Games.

"The announcement was extremely disappointing," Lynn Marchand said.

"We don't know where Brad will be playing and what his performance will be in five years."

THE CANADIAN PRESS



Brad Marchand
GETTY IMAGES

IN BRIEF

Gushue unbeaten through 9 matches at curling worlds

The numbers are in Brad Gushue's favour at the Ford World Men's Curling Championship.

He posted impressive wins over Jaap Van Dorp of the Netherlands and Japan's Yusuke Morozumi on Wednesday to extend his unbeaten streak to nine games. Gushue has outscored his opponents 77-29 overall.

THE CANADIAN PRESS

Canadian weightlifter closer to gold after drug retests

Canada could be adding a second gold medal to its tally from the 2012 Olympics.

Weightlifter Christine Girard could jump from third place to first after the International Olympic Committee stripped Russia's Svetlana Tzarukaeva of the silver medal after a positive substance test, the same fate of Maiya Maneza, who has already been stripped of her gold. THE CANADIAN PRESS

MAKE IT TONIGHT

Hearty Carrot & Chickpea Stew



PHOTO: NANA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada



This fragrant, hearty stew makes more than enough for dinner, so you can pack leftovers for a tasty lunch tomorrow.

Ready in 1 hour 5 minutes

Prep time: 5 minutes

Cook time: 1 hour

Serves 6

Ingredients

- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 Tbsp minced ginger
- Tbsp olive oil
- 3 cups carrots, chopped in 1/4 inch rounds
- 1/2 tsp turmeric
- 3/4 tsp cinnamon
- 1 tsp chili powder
- 1 red pepper chopped
- 1/2 zucchini chopped
- 6 or 8 mushrooms chopped
- 2 cups of canned chick-

- peas, drained
- 1 cup chicken or vegetable stock

Directions

1. Sauté the onion, garlic and ginger in the olive oil until they're soft but not browned.

2. Add the carrots and the spices and a splash of stock to stop it from sticking.

3. Cook for 10 to 15 minutes, stirring occasionally.

4. Add the other vegetables and sauté for a couple of minutes.

5. Add the drained chickpeas and stock and simmer for an hour, stirring regularly.

6. Add salt and pepper to taste. Serve with a dollop of plain yogurt and some fresh cilantro.

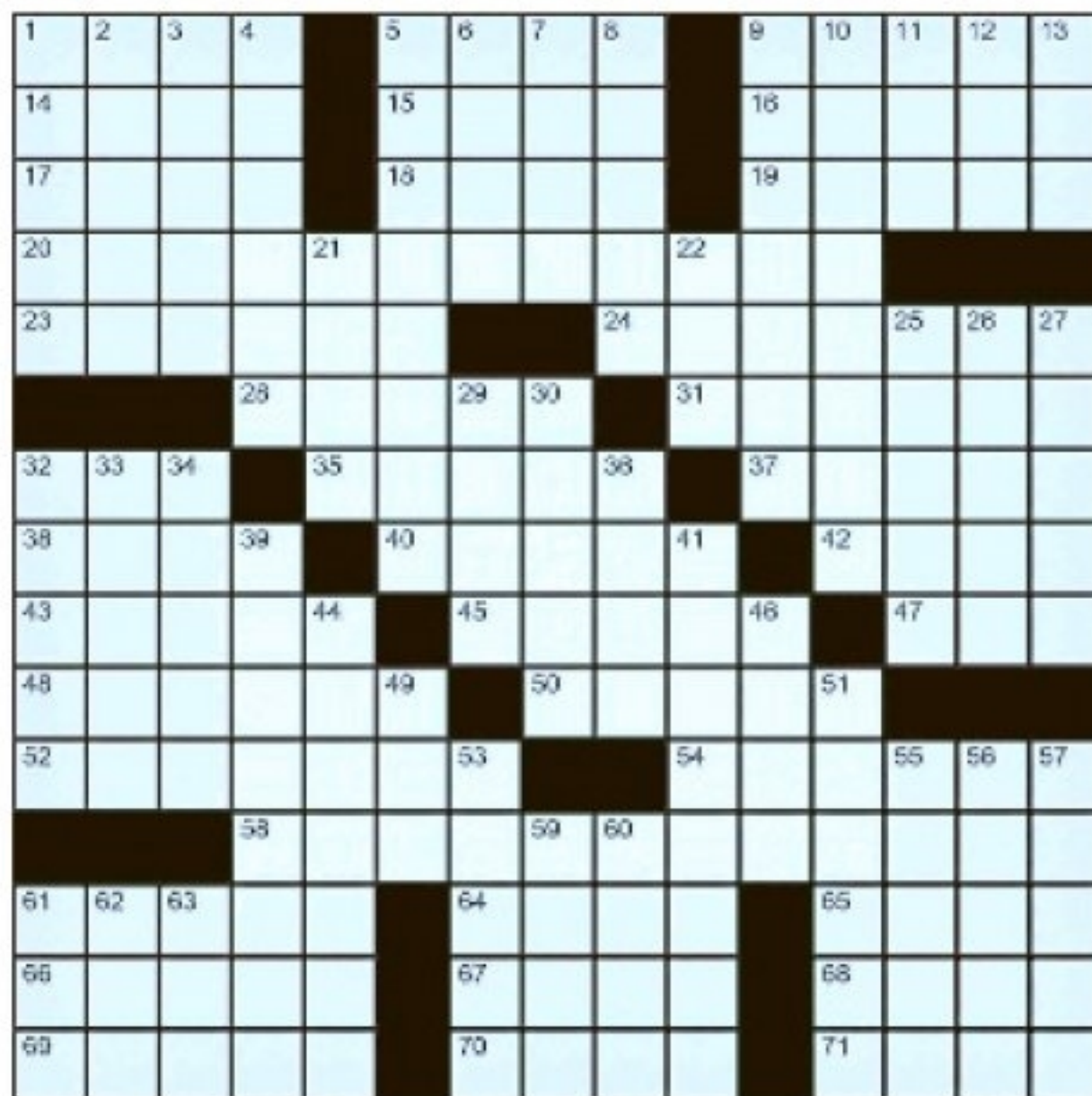
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ACROSS

- "Begone!"
- Cinch
- Treat at afternoon tea
- Family-themed song by Paul Anka
- Outfit for Octavian
- Up ___ (Until this moment)
- the Terrible
- Division
- Surplus
- Bruno Gerussi's starring role on "The Beachcombers": 2 wds.
- Row of cookies in a bag
- First ___ in Western Canada National Historic Site of Canada, it's something to 'gush' about in Alberta
- Parts of doorbell-sounding duos
- Particularly-pitiless person
- Diamond official, for short
- Look after the fire's logs
- Work like Rosie did in World War II
- Heathcliff's heathered haunt
- Drink the water, as a puppy
- Cancelled
- Tim Hortons ___ (Curling championship)
- Carnivals
- Hankering
- Rotten
- News reporter's coup
- Leeward Islands country, ___ and Barbuda



- Pieces in the Phantom of the Opera's wardrobe
- American inventor (b.1847 - d.1931) whose father was Canadian: 2 wds.
- Noise a tomato makes when falling onto the kitchen floor

- 'Chew' suffix (Like a stick of gum)
- On ___ (How some sandwiches are served)
- Footnote abbr.
- River on the Poland/Germany border
- ___-turvy

- Meshworks
- Organized

DOWN

- Revolves
- Quibble
- Speedily
- What the turned-out-to-not-be-a-block-

- buster-movie did
- University attendees
- Reason for a "Tsk, tsk." utterance
- Opposin'
- Flagstones-created retreat
- Thief
- Rowing team

- helmsperson
- Windsor, ___
- ___easter
- Hawaii's ___ Beach
- Hertz competitor
- Shadowy
- Diplomatic representative
- Vassal
- Disclosed: 2 wds.
- Fairway game
- Arctic seabirds
- Total eclipse phenomenon
- "Joanie Loves Chachi" star Erin
- Gist of a speech
- Mr. Clapton
- Piano performances
- Takeaways from sales
- Justifiedly
- Hoped-for-word-in-bold on a real estate sign
- Couplet
- "Every Rose Has Its Thorn" band
- At full force, poetically
- "All kidding ___"
- Seoul, South ___
- Viking dog in the funny pages
- Superior at a French monastery
- Skirt feature
- Was in session
- ___ rata
- Prune

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are pumped to explore social situations, playful times with children, the arts and sporting events today. You want to have fun, and you're ready for anything!

Taurus April 21 - May 21
Family discussions will be lively, inventive and original today. Listen to what other people bring to the table. Surprise company might drop by — stock the fridge.

Gemini May 22 - June 21
You're full of inventive, genius-like ideas today. This is why conversations with others will be lively and stimulating! Enjoy and learn whatever you can.

Cancer June 22 - July 23
Trust your moneymaking ideas, because you are capable of seeing new ways of doing things simply because you can think outside the box. Sometimes, that's all it takes.

Leo July 24 - Aug. 23
For most of this day, the Moon is in your sign, dancing with wild and wacky Uranus. This helps you to be inventive and spontaneous. Just go with the flow!

Virgo Aug. 24 - Sept. 23
You might be privately excited about something today, because you see new ways of doing things. The trick is, will others agree with you? Why not find out?

Libra Sept. 24 - Oct. 23
You might meet a real character today. This also is a good day to hang out with friends and explore fresh activities. Don't be afraid to take a chance on something new.

Scorpio Oct. 24 - Nov. 22
People admire you today. They see you as someone who is a leader and who is full of innovative ideas. Likewise, your boss or parent also might have a new way of looking at things.

Sagittarius Nov. 23 - Dec. 21
Travel plans suddenly might fall in your lap today. Alternatively, scheduled travel might be canceled or delayed. Anything can happen.

Capricorn Dec. 22 - Jan. 20
Check your bank account and anything to do with shared property, because a few surprises await you today. Make sure you know what's going on.

Aquarius Jan. 21 - Feb. 19
A friend or partner might surprise you today by suggesting something out of the blue. Stay light on your feet so that you can play ball.

Pisces Feb. 20 - March 20
This is a good day to introduce reform and improvements to your job or possibly to your health. That's because you are full of original, inventive ideas. Trust your thinking process.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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